

# Frozen Head

## State Natural Area



### FACILITIES

- Picnic Shelters and Sites
- Camping
- Visitor Center
- Primitive Group Tent Camping
- Recreation Area
- Amphitheater

### ACTIVITIES

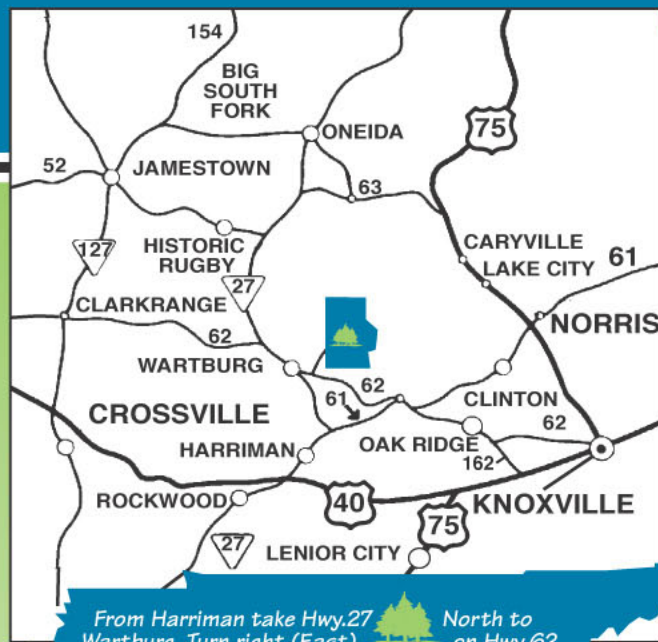
- Hiking
- Fishing
- Horseback Riding Trails
- Back Country Camping
- Volleyball
- Picnicking
- Playgrounds

**F**rozen Head State Park and Natural Area is situated in the beautiful Cumberland Mountains of Eastern Tennessee. The 11,876 acres of relatively undisturbed forest contain some of the richest wildflower areas in the state. The mountainous terrain varies from an elevation of 1,340 feet to over 3,000 feet on 14 different mountain peaks. Frozen Head, elevation of 3,324 feet, is one of the highest peaks in Tennessee west of the Great Smoky Mountains. From its observation tower visitors have a commanding view of the surrounding region. The Cumberland Plateau, Tennessee Ridge and Valley, and the Great Smoky Mountains are plainly visible on a clear day. In winter, the mountain peaks are often capped with snow or ice while the lower valleys remain unadorned, thus giving the park's namesake, Frozen Head.

The park's lush vegetation and small streams make Frozen Head one of Tennessee's most scenic parks. There are more than 50 miles of foot trails that meander throughout the natural area, passing by waterfalls, rock shelters and giant mountaintop cap rocks.

**Toll Free Info:**  
**1-888-TN PARKS**

[www.tnstateparks.com](http://www.tnstateparks.com)



From Harriman take Hwy. 27 North to Wartburg. Turn right (East) on Hwy. 62. Travel 2 miles and left on Flat Fork Road. Travel 4 miles to the park entrance.

### PROGRAMS & ACTIVITIES

A park naturalist is on duty throughout the summer months. A variety of planned programs and activities including guided tours, slide shows, and wildflower walks are available.

Please call park for program catalog,

### HOURS OF OPERATION

8:00 a.m. until sunset

### FOR FURTHER INFORMATION CONTACT

Frozen Head State Natural Area  
964 Flat Fork Road • Wartburg, TN 37887  
Phone: 423-346-3318

For reservations: 423-346-3318

### OR CONTACT

Tennessee Department of Environment & Conservation  
Division of State Parks • 7th Floor, L & C Tower • 401 Church Street  
Nashville, Tennessee 37243 • Phone: (615) 532-0001  
[www.tnstateparks.com](http://www.tnstateparks.com)



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